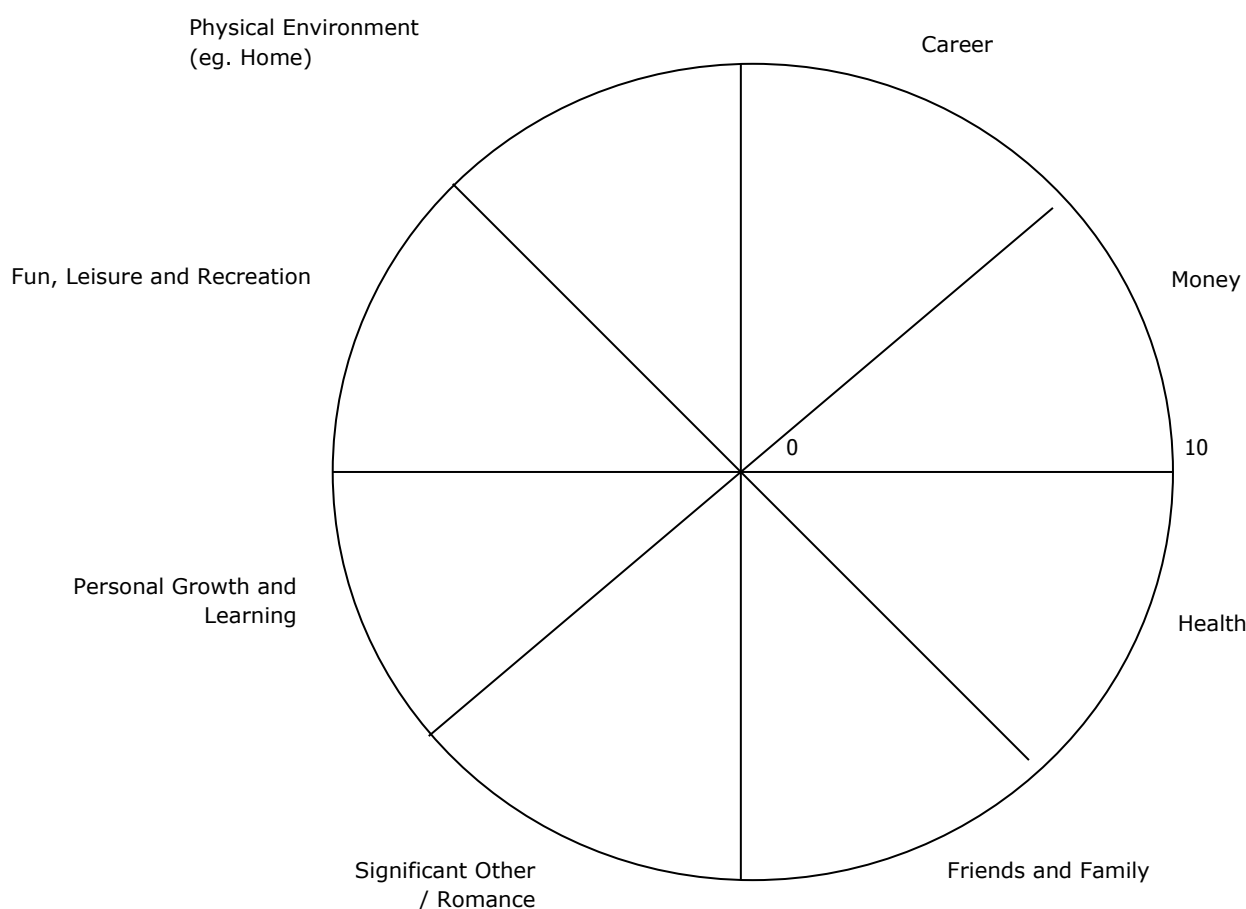


WORK/LIFE BALANCE & THE WHEEL OF LIFE

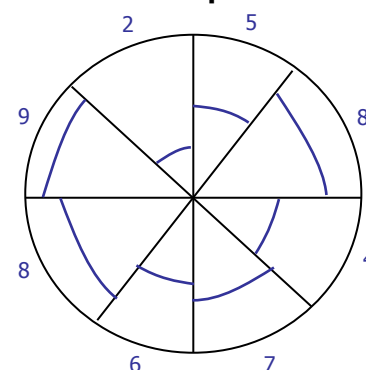




Rank your **level of satisfaction** with each life area out of 10. For example, score 0 (not even a little bit satisfied with that aspect of your life) and the outer edge is 10 (total satisfied with that aspect of your life). Draw a straight or curved line to create a new outer edge (see example). The new outer perimeter represents **your** 'Wheel of Life'. If this were a real wheel, how bumpy would the ride be?



Example



This exercise will help clarify priorities for goal-setting, allowing participants to plan so that their life is closer to their definition of balance.

Balance is personal and unique to each individual – what may be balance for some may be stressful or boring for others.

Another option with this exercise is that participants can ask someone who knows them well to complete the scores for them. It can be helpful sometimes to see an outside perception of your life ‘balance’. Note: This must be someone they trust AND whose opinion they value.

1. Now, looking at your wheel of life:

Are there any surprises for you?	
How do you feel about your life as you look at your Wheel?	
How do you currently spend time in these areas?	
How would you like to spend time in these areas?	
Which of these elements would you most like to improve?	
How could you make space for these changes?	
Can you effect the necessary changes on your own?	
What help and cooperation from others might you need?	
What would make that a score of 10?	
What would a score of 10 look like?	

Now you know where you are in each segment of your wheel of life, the next step is to work out what your perfect 10 would look/feel like. Write down your thoughts and then you'll free up some space to think some more. It helps to imagine that time and money are no object, so you're free to think clearly rather than putting obstacles up.

Wheel of Life Segment	Describe what would a perfect 10 look like to you, feel like to you, what would you be hearing around you, what would you be telling yourself?
Career	
Money	
Health	
Friends and Family	
Significant Other/Romance	
Personal Growth and Learning	
Fun, Leisure and Recreation	
Physical Environment (eg. Home)	

Now you have a clearer picture of where you are now, and where you want to go in the future, you can take action and live the life you deserve.